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THE ZERO VIOLENCE BRAVE CLUB

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frontiers in Psychiatry

ORIGINAL RESEARCH
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The Zero Violence Brave Club: A Successful Intervention to Prevent and Address Bullying in Schools

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Bullying among peers in schools is a growing problem affecting children and adolescents from an early age worldwide. The consequences of bullying victimization in the emotional development of children and youth and their academic achievement are adverse for them and the rest of the school community, with its negative impact extending into the mid and long run. The *Zero Violence Brave Club* is implemented in schools in the framework of the Dialogic Model of Violence Prevention, a successful educational action according to the INCLUD-ED project [Strategies for inclusion and social cohesion in Europe from Education] (6th Framework Program of Research of the European Commission). The *Zero Violence Brave Club* has decreased peer bullying in schools by establishing and cultivating a culture of zero tolerance to violence in educational centers located in diverse socioeconomic and cultural contexts. This evidence-based intervention is grounded in the principle that only the person who denounces violence suffered by a peer and takes a stand always on the victim's side —and those who support her or him—against the aggressor can be considered brave. This article reports a qualitative study of the *Zero Violence Brave Club* as a successful intervention in seven schools in Spain. The schools are diverse in terms of public or private ownership, religious or lay background, and population served (different proportions of cultural minorities and students with special needs), challenging the misconception that the impact of educational interventions depends on the context. Interviews were conducted with teachers in the schools implementing the *Zero Violence Brave Club* in their class, using the communicative methodology of research. The results shed light on specific mechanisms through which the *Zero Violence Brave Club* prevents and responds to bullying in schools, such as emptying of *social attractiveness* any aggressive behaviors or attitudes. Benefits on mental health and psychological wellbeing are also reported.

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2021	38/143	Q2	73.78
2020	37/144	Q2	74.65
2019	41/142	Q2	71.48
2018	37/142	Q2	74.30
2017	45/142	Q2	68.66

2021 JOURNAL IMPACT FACTOR
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JOURNAL IMPACT FACTOR WITHOUT SELF CITATIONS
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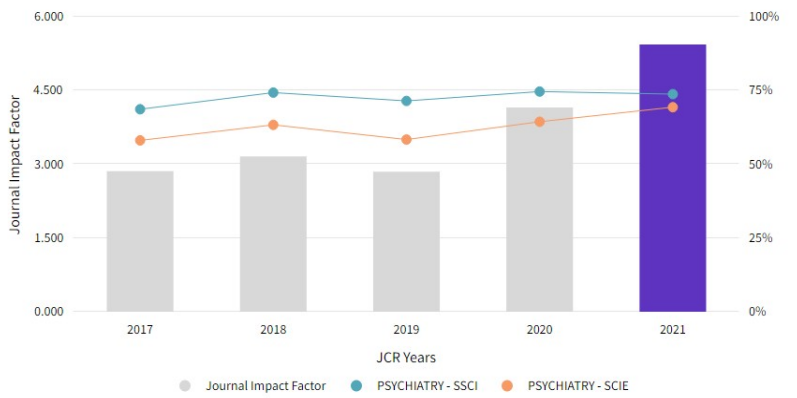
View calculation

Journal Impact Factor Trend 2021



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KEYS:

- Socialization in attraction to non-violent models.
- Tolerance 0 to violence from 0 years old.
- Commitment of the entire educational community against violence.
- Creation of violence-free environments through dialogue.
- Training of teachers and the educational community in the scientific evidence for the prevention of violence.

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- Evidence-based intervention based on the principle that only the person who denounces violence suffered by a partner and always takes the side of the victim-and those who support him or her-and against the aggressor, can be considered courageous.

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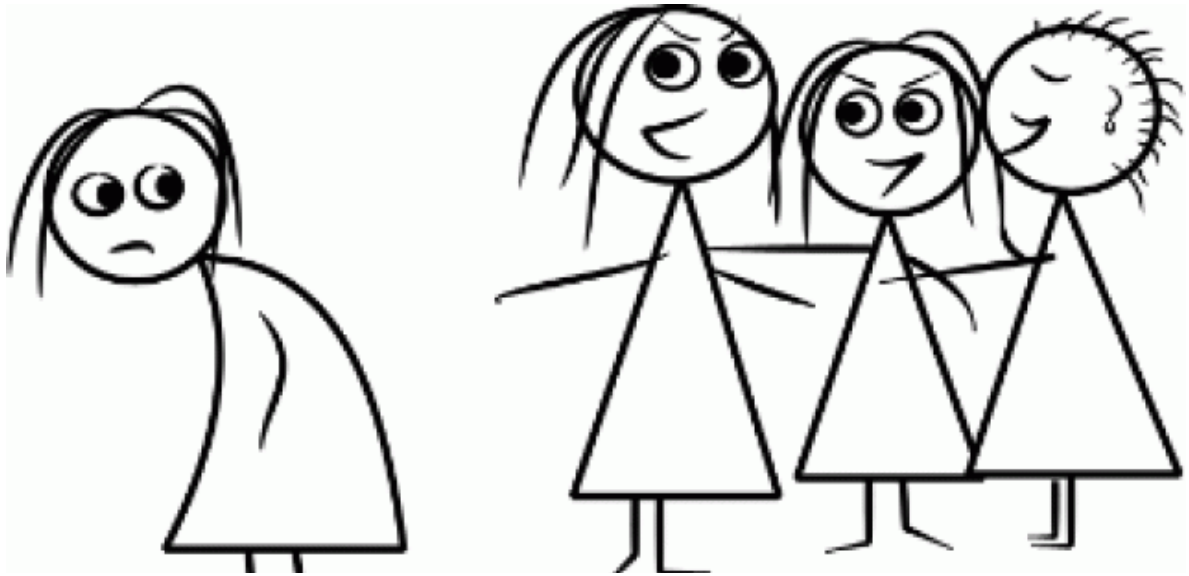
Break the silence



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The immediate intervention is to make a "shield" (shield of friendship). It is done both verbally and through gestures towards people who suffer and/or witness an aggression.

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I'm telling you this because you're my cousin and I don't like it that you behave in this way and I'm telling you because I like you *(Boy 10 years old)*

- *B: In "Brave Club" we don't do things by force – we do them with our brains and our mouths.*
- *G: "Brave Club" means no teasing, no threatening, no insulting and always taking sides.*
- *B: (…) We left him at playtime and said: "today, you're staying here, we're not letting you play with us because you have been teasing our friend". He soon came back to ask to be forgiven and asked if he could play with us again and we let him.*
- *G: If you tease, if you insult if you threaten if you cheat*
- *B: (…) They have started behaving like "Brave" and he's one of friend*

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*They associate the **workplace without violence as something attractive.** The tell-tales are suddenly no longer tell-tales and the **children that were once 'invisible' are now important** and come here to tell you what's happening and are relaxed. Before they came with fear (...).*
Violence has reduced dramatically, for example at playtime now they behave a lot better.
The "bully" has to accept the critics

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Proven results

- Shedding light on existing violence helps to break the silence.
- It promotes a true friendship that protects from violence.
- It contributes to making violence less attractive.

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Successful stories and voices

"When I have told of injustices or violence no one has attacked me or made fun of me, I feel safe." *(Boy)*

There are many people who are there and people are not always alone and that is why it is so difficult to try to attack, there are two options, the person who has been bullied tells or someone sees it and tells, that is why it is so difficult. If in the school there is not that kind of zero violence brave club, people, it is easier, it is easier to be

100%. Like they picked on him at the other school, and when this happened he got into fights. He came here and discovered respect, the Zero Violence Brave Club,… it took him a while, but [now] he understands what is right, what is wrong and if he sees his sister laughing at someone, he goes and tells her: you shouldn't do that because that's not for the brave, that's for cowards, you have to respect, you have to have respect. I think he has significantly changed in that, above all, in the respect

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Resources

Brave’s Club: Zero Violence from age zero. European Toolkit for Schools. https://school-education.ec.europa.eu/en/insights/resources/braves-club-zero-violence-age-zero

European School Education Platform

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Home > Insights > Resources > Brave’s Club: Zero Violence...

Resource | 5 JUNE 2018

Brave’s Club: Zero Violence from age zero

To improve the school climate, a group of schools from the Learning Communities project decided to create the Brave’s Club. It is based on a “dialogical model of conflict prevention”. Since the Club started in 2014, it has made progress in eradicating school violence in both primary and secondary schools. This strategy is making it easier to bring together effective evidence-informed practices on preventing violence in classrooms in general, and more specifically, gender violence.

Image from the Braves' Club report

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HOW DO WE END WITH BULLYING? (In Spanish)

https://www.rtve.es/infantil/serie/aprendemos-clan-debate/video/como-acabamos-con-bullying/6411196/

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